

Sean Castle discusses the issue of alcohol drinking and teenagers

Sean Castle reminds parents that alcohol is a depressant, which means that it slows down the brain. The more alcohol is consumed, the greater the effect.



Sydney, New South Wales Nov 20, 2021 ([Issuewire.com](https://www.issuewire.com)) - Parents can help reduce the harmful effects of alcohol on their teenagers by setting clear expectations about what is acceptable and unacceptable [drinking](#) behaviour during their child's early teens and beyond. Sean Castle encourages parents that this conversation is one you'll have to repeat throughout their teenage years. Set good standards that your teen can learn from by [role modelling responsible drinking behaviours yourself](#).

It's common for parents to think that if they allow their teenager alcohol in moderation while they're in a safe environment, such as a glass of wine with dinner at home, this will lead to a better relationship with

alcohol. But [research tells us this isn't the case](#). Parents should actively encourage their teenagers to delay drinking any alcohol for as long as possible.

What does alcohol do to a developing brain?

Alcohol affects a young brain more than a fully developed adult one. Developmental processes are still happening in the brain until around age 26.

If your [teen drinks alcohol](#), it can cause irreversible changes to their brain, particularly to the area that's responsible for rational thinking. [Sean Castle](#) is concerned that damage to this part of the brain before it's fully developed can lead to learning difficulties, memory problems, and impaired problem-solving. The longer your teenager delays using alcohol, and the less they drink, the better their brain functioning will be, both now and in later life.

Other risks of alcohol use for teenagers

Alcohol can affect how teenagers function, how they recognise risks, and their ability to make good decisions. Drinking makes teens more likely to put themselves in risky situations, which may result in harm to themselves or others.

[Sean Castle](#) reminds parents that alcohol is a depressant, which means that it slows down the brain. The more alcohol is consumed, the greater the effect. This can lead to:

- slurred speech
- poor judgment
- lack of coordination
- slower reactions
- confusion
- heightened sense of confidence
- poor sleep.

What to do if your teenager drinks

It's likely that at some stage your teenager will drink, in spite of all the risks. Recent research has shown that 75 percent of 12–17-year-olds admit to having tried alcohol.

The only way to eliminate the risks associated with alcohol use during the teenage years is to encourage your child not to drink. It can be useful to talk to them about the pros and cons of drinking, and talk about ways of having just as good a time but without alcohol.

But, knowing that your teen will probably be exposed to alcohol, it's probably more realistic that you set clear boundaries about how they consume it. Read [Things to try: Alcohol](#) for tips on doing this.

Reducing the harmful effects of alcohol

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Media Contact

Sean Castle

seancastle10@gmail.com

Source : Sean Castle

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